

Library Visit 11/19/2024

Today during my library visit I have started off by checking my outlook email, as well as checking my American Philatelic Society account to make sure the check run was printed successfully. But my objective is to review limits on making high value transactions, and coming up with alternative methods of payment. In this report I am going to describe 4 payment methods for someone who doesn't have a bank account and their limits when it comes down to making transactions that exceeds the limit. First since my goal is to find outside treatment providers I am going to search Psychology Today to see what payment method each provider accepts.

Psychology Today

One therapist I found that specializes in DBT (Dialectical Behavioral Therapy) his name is Joshua James Despain, offers Cash, PayPal, Venmo, Zelle and accepts insurance. To strengthen my search I looked up online therapists that specialize in the same therapy type, but using a California zip code. I found one therapist her name is Jessiona A Bryant, even though she provides telehealth sessions to CA residents she accepts the following payment methods, ACH Bank transfer, Cash, Check, Health Savings Account, Visa, Zelle.

Cash

This payment method is useful for a therapist that is more local. Than a therapist that is in another state.

PayPal

This wouldn't be a convenient form of payment for me, since there is always a restriction on my bank accounts that I plan on linking. Also not every financial

intuition allows for me to link my account to their website. Their withdraw limit is \$60,000.

Venmo

I feel the same way I do as PayPal with Venmo. Most of my accounts that I plan on linking are restricted, or my bank doesn't allow me to link my account to Venmo. Their withdraw limit is for a transfer is \$5,000.

ACH Bank Transfer

This won't work because to initiate an ACH transfer the bank would only allow it to be going to an account under my name, not the account of someone else.

Check

My checks keep getting returned as Refer to Maker, so I wouldn't utilize this option for payment.

Health Savings Account

A health savings account may work, but I have to look into it further, to see if it is only for taxpayers, or if it has a minimum tax bracket and AGI criteria, that account holders need to meet, in order to qualify.

Visa

I had too many error messages with a debit card, so I won't use this method again, especially for a therapist.

Zelle

Since my liquid assets are restricted right now, I am unable to link any of my accounts to Zelle. Discover is the only bank that allows Zelle.

Notes

I requested a publication from the IRS, Pub 969 on tax favored health plans. I requested it to be mailed.